

Cold Menu - Term 1*

Middle School

For the weeks of:

Aug 30th - Sept 3rd

Sept 20th - Sept 24th

Oct 11th - Oct 15th

Nov 1st - Nov 5th

MONDAY 8/30/2021						TUESDAY 8/31/2021	WEDNESDAY 9/1/2021	THURSDAY 9/2/2021	FRIDAY 9/3/2021
BREAKFAST									
Breakfast		Whole Grain Apple Muffin/ Diced Pears/ 100% Apple Juice	Assorted Cereals and Whole Grain Graham Crackers/ Chilled Pineapples		Zucchini Bread/ Fresh Apple Slices		Fruit & Yogurt Parfait/ All-Mixed-Up Fruit Cup		Whole Grain Plain Bagel w/ Cream Cheese / Mandarin Oranges
Milk		Nonfat or 1% White Milk							
LUNCH									
Entrée		Turkey Ham & Cheese Sub Sandwich	Chicken Salad Sandwich		Tuna Salad Sandwich		Italian Sandwich		American Sub Sandwich
		Egg Salad Sandwich V	Sunbutter & Jelly Sandwich VE		Mediterranean Hummus Wrap VE		Vegan Garden Wrap VE		Hearty Garden Salad w/ Whole Grain Tortilla Chips V
Vegetables From the Field		Chilled Black Beans	Broccoli Florets w/ Dip		Cucumber Coins w/Dip		Baby Carrots w/ Dip		Chilled Corn
Fruits		Fresh Orange	Fresh Apple		Fresh Peach		Fresh Banana		Fresh Pear
					Applesauce Cup				
Milk		Nonfat or 1% White Milk							

*Subject to change based on availability

V - indicates vegetarian

VE - indicates vegan

Green Color Font - indicates locally sources produce

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Cold Menu - Term 1*

Middle School

For the weeks of:

Sept 6th - Sept 10th

Sept 27th - Oct 1st

Oct 18th - Oct 22nd

MONDAY 9/6/2021						TUESDAY 9/7/2021	WEDNESDAY 9/8/2021	THURSDAY 9/9/2021	FRIDAY 9/10/2021
BREAKFAST									
Breakfast		Banana Bread/ Fresh Clementine/ 100% Orange Juice	Assorted Cereals and Whole Grain Graham Crackers/ Applesauce Cup	Whole Grain Biscuit w/ Jelly/ All-Mixed-Up Fruit Cup	Fruit & Yogurt Parfait/ Chilled Pineapples	Whole Grain Bagel w/ Cream Cheese/ Fresh Apple Slices			
Milk		Nonfat or 1% White Milk							
LUNCH									
Entrée		Chef Salad Wrap	Chicken Caesar Wrap	Southwest Chicken Sandwich	Chilly Philly Sub Sandwich	Chicken Taco Salad			
		Sunbutter & Jelly Sandwich VE	Lift-Off! Spinach Salad w/ Tortilla Chips VE	Sweet Potato Wrap VE	Greek Salad w/ Tortilla Chips V	Garden Wrap V			
Vegetables From the Field		Blue Ribbon Slaw	Chilled Corn	Garden Bar Salad w/ Dressing	Pinto Beans	Cherry Tomatoes w/ Dip			
Fruits		Fresh Orange	Fresh Grapes	Fresh Nectarines	Fresh Pear	Fresh Peach			
Milk		Nonfat or 1% White Milk							

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This Institution is An Equal Opportunity Provider

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Middle School

For the weeks of:

Sept 13th - Sept 17th

Oct 4th - Oct 8th

Oct 25th - Oct 29th

MONDAY 9/13/2021		TUESDAY 9/14/2021	WEDNESDAY 9/15/2021	THURSDAY 9/16/2021	FRIDAY 9/17/2021
BREAKFAST					
Breakfast	Assorted Cereals and Whole Grain Graham Crackers / Mandarin Oranges	Whole Grain Bagel w/ Cream Cheese / Diced Pears	Whole Grain Blueberry Muffin/ Fresh Apple Slices	Fruit & Yogurt Parfait/ Diced Peaches	Banana Bread/ All-Mixed-Up Fruit Cup
Milk	Nonfat or 1% White Milk				
LUNCH					
Entrée	Classic Chef Salad w/ Garlic Knot Bread	Chicken Dipper Salad w/ Tortilla Chips	Buffalo Chicken Wrap	Asian Chicken Wrap	Chicken Caesar Salad w/ Dinner Roll
	Veggie Lo Mein VE	Greek Salad w/ Tortilla Chips V	Black Bean Macaroni Salad w/ Tortilla Chips VE	Asian Hummus Wrap VE	Hearty Garden Salad w/ Dinner Roll V
Vegetables From the Field	Baby Carrots w/ Dip	Chilled Corn	Broccoli Florets w/ Dip	Tomato & Cucumber Salad	Three Bean Salad
Fruits	Fresh Pear	Fresh Apple	Diced Peaches	Fresh Banana	Fresh Apple Slices
					All-Mixed-Up Fruit Cup
Milk	Nonfat or 1% White Milk				

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